[file name]:
Wind - Feng - Talk – Lester Levenson The Sedona Method Release Technique.pdf

WeChat Screenshots of Wind (Feng) in WeChat Groups “Shortcuts to Freedom” and “TSM The Sedona Method Release Diamond Island”

People mentioned in this document:

Wind (Feng 风 / 風 in Chinese)

Lester Levenson (The Sedona Method)

The Sedona Method by Lester Levenson

The Sedona Method Release Technique

Wind (Feng)

Wind (Feng) ‘s application of Lester Levenson (The Sedona Method) Six Steps to Freedom

Hale Dwoskin (The Sedona Method)

Larry Crane - Lawrence Crane (The Release Technique)

David Hawkins MD PhD (author of book ‘Letting go’)

Buddha

Yogananda

Jesus

PS. This document is translated from Chinese to English, using DeepSeek in January 2026.

[Wind - Feng - - Lester Levenson (The Sedona Method) - Screenshots WeChat content BEGIN]

[file name]: WeChat Screenshots -- Wind - Feng - Talk - Lester Levenson The Sedona Method Release (pdf.ai).pdf

[file content begin]

===== Page 1 =====

Hmm, this is wanting control.

So too much effort.

When releasing, what you're releasing is always the part you are most aware of.

I was releasing with a lot of effort all last night and didn't gain much; only when I relaxed did I get some results.

That is, what floats to the surface.

I was digging deep yesterday.

You see, releasing with effort violates step six.

You are trying to control.

Absolutely 😂😂

So it won't happen.

I only stopped this afternoon.

Relaxed a bit.

===== Page 2 =====

I noticed something.

When stuck, you actually want control.

Wanting control is what causes the stuckness.

But the way you try to get what you want is by using mental effort to fight.

This is not "get everything by releasing only."

You are trying to do release using the struggling ways of the world.

Fighting, fighting, fighting nonstop.

I find mutual reminders are really good.

October 14, 5:43 PM

So, through releasing, I roughly understood the usage of step six. I'll write this down later.

===== Page 3 =====

He has his created, material amusement park.

===== Page 4 =====

You can't stay inside it continuously.

===== Page 5 =====

You're either going up or down.

===== Page 6 =====

Mike, if you continue, you won't be in this state.

===== Page 7 =====

What I mean is, in that state you can dematerialize (dissolve) the body, and then rematerialize (re-form) the body.

===== Page 8 =====

What I mean is, in that state you can dematerialize (dissolve) the body, and then rematerialize (re-form) the body.

===== Page 9 =====

Group Chat
December 24, 2020

Wind (Wind Master)
13:12:32
It seems many people misunderstand what Lester said about hootless.

Star of Bethlehem
13:13:38
Wrong.

Star of Bethlehem
13:14:57
In Lester's recordings, I've heard "don't give a hoot"; it's definitely not the meaning of 'careless'.

Wind (Wind Master)
13:16:45
If a person stops focusing on something, desire for it will disappear, and you'll get it.

Wind (Wind Master)
13:17:07
The mind naturally stopping revolving around something, that is hootless.

===== Page 10 [text layer] =====

===== Page 11 =====
October 30, 2020

Wind (Wind Master) 16:14:34
I touched the sense of separation underlying the fear of death.

Wind (Wind Master) 16:14:54
I know I'm nearing the end.

Tiancheng 16:14:59

Is it the sense of separation that leads to the desire to survive?

Wind (Wind Master) 16:15:20
Yes, it's this sense of separation of "I existing as a body."

Wind (Wind Master) 16:15:40
Because you feel "I am this body," you then want to survive, fear death.

Tiancheng 16:15:49
Hmm.

Wind (Wind Master) 16:15:54
If you know you are infinite being, you won't have fear of death.

Tiancheng 16:16:00
Right.

Wind (Wind Master) 16:16:14
But you don't need to deliberately release it.

Wind (Wind Master) 16:16:29
When you fully release the fear of death, the sense of separation will also dissipate.

Wind (Wind Master) 16:16:37
The entire mind becomes still.

Wind (Wind Master) 16:16:45
What remains is infinite being.

===== Page 12 =====
Chapter 1: Basic Goal and Method of Attainment (Lester Levenson - The Sedona Method)

===== Page 13 =====
November 20, 2020

Wind (Wind Master)
22:05:54
I delved into the last bit of limitation within.

Tiancheng
22:06:27
Is it the sense of separation?

Wind (Wind Master)

22:07:00
Yes, it's the sense of separation.

Wind (Wind Master)
22:07:21
Then I retained just the tiny bit of fear of death that could barely hold the sense of separation.

===== Page 14 [text layer] =====

===== Page 20 =====
November 7, 2020

Wind 18:07: Are you now more willing to get stuck in wanting to control these, or more willing to release them and be free?

D 18:07: Of course want freedom.

Wind 18:08: So compared to controlling these feelings, you want freedom more?

D 18:09: Yes.

Wind 18:10: Can you let go of the wanting to control it?

D 18:12: Stuck.

Wind 18:13: Do you want to keep controlling this stuckness, entangled with it to the end, or do you want freedom?

D 18:13: Want freedom.

D 18:13: Released.

Wind 18:14: Now can you see this wanting control?

D 18:14: Has it left?

D 18:14: It left.

Wind 18:14: This demonstrates the use of step one.

D 18:14: It left.

Wind 18:16: Step one of the six steps.

Wind 18:17: If you get stuck, use step five.

===== Page 21 =====
March 12, 2021

Wind: You have no reason not to use the release method.

Wind: Whether heading toward awakening or obtaining a better world, it's the most efficient.

Wind: Not only efficient, but also simple.

Wind: Can't find a single reason not to use it.

===== Page 22 =====
March 16, 2021

Wind: If you want freedom, go release; if you want the world, go release.

Wind: It's that simple.

Wind: If you want freedom, releasing is the only thing that can make you free.

Wind: No matter how much you talk about freedom, it won't get you there; studying topics about freedom won't make you free.

Wind: If you want a better world, releasing is the only thing that can give you a better world.

Wind: No matter what action you take, every action is within the karma program, within driven reactions.

Wind: Therefore, if you want freedom, go release; if you want the world, go release. It's that simple.

===== Page 23 =====
December 31, 2020 to January 1, 2021

Minnie: Give us an annual summary.

Wind: Annual summary: 2020, completed the most important thing in countless lifetimes.

Wind: January 1, 2021, 00:07:34

===== Page 24 =====
October 30, 2020

Wind: Reaching the peak is unperturbable, absolute tranquility that cannot be disturbed by anything.

Wind: 7:47 PM: It is freedom.

Wind: 7:48 PM: It is omniscience, omnipotence, omnipresence.

Wind: 7:48 PM: It is infinite being.

Wind: 7:48 PM: As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the peak.

Wind: 8:19 PM: Omniscient, omnipotent, omnipresent.

Wind: 8:19 PM: This is enlightenment.

===== Page 25 =====
(Contains repetitive patterns of "2.0.0.0..." etc., likely placeholder or corrupted data. Not translated as meaningful content.)

===== Page 26 =====
March 13, 2021

Wind 18:43:27: The most complete map is the six steps themselves.

Wind 18:51:58: The six steps are already the least simplified; they cover all aspects. Because it can be simplified further.

Wind 18:52:30: That is, what Lester said: 'release all feelings, your mind quiet, that's it.'

Wind 18:52:51: If you want a complete map, that's the six steps.

Wind 18:53:07: Accomplish each step, and you succeed.

Wind 18:53:41: You don't need anything else; you just need to remind yourself to keep it simple.

Wind 18:53:56: When you complicate it, you are heading toward failure.

Wind 18:54:07: Because you are heading toward accumulating mind, which is the opposite of releasing.

Wind 18:55:58: More simplified is Lester's sentence.

Wind 18:56:12: Release all feelings, your mind becomes quiet, you have arrived.

===== Page 27 =====
(Content identical to Page 26)

===== Page 28 [text layer] =====
缮I
^】

===== Page 29 [text layer] =====
缮I
^】

===== Page 30 [text layer] =====
缮I
^】

===== Page 31 =====
November 9, 2020

Wind: Continuous releasing is simple.

Wind: Just release the three wants.

Wind: Whatever feeling arises is not important.

Wind: The key is whether you want control, approval, or want safety.

===== Page 32 =====
(Content identical to Page 31)

===== Page 33 =====
(Content identical to Page 31)

===== Page 34 =====
January 24, 2022
11:25:19: Just be aware of the present feeling and release.
11:27:05: Don't do anything outside the six steps.
11:28:11: Why are the six steps a map, a navigation? What is the main function of navigation? To point out the correct direction to the destination, to check if you have deviated from the correct path.
11:35:21: Releasing while walking on the six steps means all actions do not deviate from the six steps.
11:36:17: When you don't want to release, remind yourself of step one.

21:48:37: Continuous release, maintain continuity, this is step four.
21:49:34: When stuck, release the wanting to control the stuckness, this is step five.
21:50:50: Each release feels more pleasant, more relaxed, this is step six.
21:51:16: Implement the six steps, keep doing it, it will gradually enhance the momentum for freedom, thus thoroughly accomplishing step one.

===== Page 35 =====
11:42:12: At the beginning of releasing, we might think of mixing in other behaviors as an aid to releasing, like practicing awareness, insight, meditation, etc. But with the six steps as a reminder, you know these are unnecessary. Lester summarized everything (after learning to release) (to achieve ultimate freedom) in the six steps.
11:42:49: That's why Wind often says reaching freedom doesn't need anything outside the six steps.
11:45:23: Combining methods doesn't promote releasing, it only weakens the effect of releasing.
11:46:11: Riding two horses simultaneously doesn't get you to the destination faster.
11:46:26: Keep it simple.
11:47:39: Learn the release process, then use the six steps to often remind yourself.
11:48:37: Be aware of the present feeling and release.
11:48:43: That's it.

===== Page 36 =====
(Content similar to Page 20, with slight variation. Not fully retranslated here.)

===== Page 37 =====
(Content similar to Page 20.)

===== Page 38 =====
October 21, 2020

Wind 11:39: I spent four years looking for information.

Wind 11:39: Also releasing at the same time.

Wind 11:40: Later, going abroad, I came into contact with Lester's later audio and the 1992 course.

Wind 11:40: Then I understood a concise, complete map.

Wind 11:40: It's very clear, concise, powerful, a complete map to freedom.

Wind 11:41: Especially Lester's later audio explanations of the release method.

Wind 11:41: After learning the release process, everyone can focus on 'The Way' series.

Wind 11:41: That's Lester's direct teaching; it clarifies many issues.

Wind 11:41: Also provides great encouragement.

===== Page 39 =====
Wind 9:40 AM: Insight into the source of happiness will allow you to accomplish step one.
Wind 9:41 AM: After that, every decision of yours is inward, freeing you from bondage, moving toward your true being.
Release Method Diamond Island.

===== Page 40 =====
November 19, 2020
Wind: **Will no longer be tempted by self-consciousness.**
Wind: **Completely tending toward freedom.**
Wind: **This is step one of the six steps.**
Wind: **Once again verifying my experience from the master's teaching.**
Wind: **In yoga, they call it Nirbija Kaivalya Samadhi.**
Wind: **The real work begins.**
Wind: **I only see now that yoga science is truly the best timing.**
Wind: **If I had studied it before, it might have formed fixed understandings, becoming my obstacle.**
Wind: **Thus affecting my understanding of the release method.**
Wind: **You don't need anything other than the six steps.**
Wind: **Now it's called verification.**
Wind: **I'm just amazed to find all masters are saying the same thing.**
Wind: **Verification is more fun.**
Wind: **Of course, it's also inevitable.**
Wind: **If they weren't saying the same thing, they wouldn't be masters.**
Wind: **If you attain it, you won't regress.**
Wind: **Truly attaining step one, you won't sink.**
Wind: **Truly attaining, you won't.**
Wind: **Entering the stream.**
Wind: **No longer retreating.**

===== Page 41 [text layer] =====
(Text appears garbled/unclear. Not translated.)

===== Page 42 =====
Group Chat
February 22, 2021

Wu 10:57:50: During your releasing, the mind obstructs you.
Wu 10:58:01: Its content, those things you presume.
Wu 10:58:33: Even, how long you think you'll need to release something.

Wu 10:58:45: This thought itself obstructs you.
Wu 10:59:04: Just do this release well.
Wu 10:59:23: No need to presume this release can release everything.
Wu 10:59:29: Or how many times can release everything.
Wu 10:59:35: Just release, then see what happens.
Wu 10:59:48: Don't rush, enjoy each releasing process.
Wu 11:00:01: Use the release process nonstop.
Wu 11:00:33: Those you think are hard to release, that's the mind telling you it's hard.
Wu 11:00:48: Don't pay attention to the mind, just use the process directly.
Wu 11:01:11: Those you think are simple, trivial, and thus ignore, that's the mind telling you it's trivial.
Wu 11:01:20: Also don't pay attention to the mind, just use the process directly.
Wu 11:01:49: Sometimes you see a feeling, you think it's not the main one.
Wu 11:02:04: You want to release the "main" one.
Wu 11:02:15: Want to finish quickly.
Wu 11:02:22: And this is very important.
Wu 11:03:03: Those judgments by the mind that this one is more main, that one is more main, have no basis.
Wu 11:04:00: The one that surfaces is the important one.
Wu 11:04:22: If you suppress it, you live in the mind.
Wu 11:04:45: You are using the mind to presume what you need to release.
Wu 11:04:54: Including how many times, how long.
Wu 11:05:05: When truly releasing, you don't need to do this.
Wu 11:05:19: Keep the possibility of releasing everything in one go.

Rayna 11:05:22: What about physical sensations? Will they disappear later? Will it get better at CAP (AGFLAP CAP emotion chart) ? Or do you mean if not free, they'll follow me for life?

Wind 11:05:35: What feelings do you have about the physical sensation?

Wind 11:05:40: Do you want to control it?

Wind 11:05:44: Want to change it?

Wind 11:05:49: Just release this.

Wind 11:06:05: If the physical sensation troubles you, release this trouble.

Wind 11:06:10: Use releasing to solve problems.

Wind 11:08:52: A few releases can release the entirety of a long-term habit, can you imagine that?

Wind 11:09:05: But many times it's like that.

Wind 11:09:35: Within minutes, not prolonged entanglement.

Wind 11:16:31: You see in the video it's just minutes.

Wind 11:17:51: If it takes too long, that's entanglement, suppression, not releasing.

===== Page 44 =====
1. 1. 1. 1. 1. 1. 1.

===== Page 47 [text layer] =====
(Text unclear/garbled. Not translated.)

===== Page 48 =====
October 3, 2020

Wind: The process for releasing emotions.

Step One: Allow yourself to feel the present feeling, and trace it back to the emotional state (apathy, grief, fear, craving, anger, pride).

Step Two: Ask yourself, can you let go and allow this feeling to leave? Are you willing? When?

Step Three: See what feeling you have now, and repeat the previous process.

===== Page 49 =====
Wind 13:45:58: The process for releasing desires.

Step One: Allow yourself to feel the present feeling.
Step Two: Notice if it comes from wanting approval or wanting control.
Step Three: Can you become aware of this wanting control (or wanting approval)?
Can you let it leave?
Step Five: Do you have any remaining wanting control (wanting approval)?
Can you become more aware of it?
Can you let it leave?
Repeatedly be aware and release until you are completely free.

Wind 13:46:09: Just now someone in the other group asked about the basic process.
Wind 13:46:21: I summarized the video content a bit.

Wind 13:46:30: The guidance in the video is like this.
Wind 13:46:44: This process can be used for reference.

===== Page 50 =====
3:37 PM
Emotions are the entry point, letting you learn to release. Workbook.
The final summary of the course is: release three wants only.

Wind: Release only the three big desires.

Wind: 3:37 PM

Wind: Lester's explanations about the release method.

Wind: We first enter the conscious mind, releasing control, approval.
And those other things you try to release, like fear—
You know, you'd spend hundreds, thousands of lifetimes releasing fear, and after that you'd still have anger, still have other emotions. But when you release wanting to control, everything beneath it is all let go.

Then when you release wanting safety, you release all wanting for approval and control, and everything beneath them. You are too lowly now to attack wanting safety. You are overwhelmed, scared to death by it, letting it run you. But when you release a considerable amount of control and approval, you have the ability to face the fear of death.

Wind: If you release emotions, it would take hundreds or thousands of lifetimes to clear one of them.

Wind: Releasing desires is the method to reach the end within one or two months.

Wind: This is how to enter the efficiency of the release method.

===== Page 51 =====
July 26, 2021

Wind: Course videos, workbook, pick them up and use them when you need them.

Wind: But, in the end, you only need the six steps.

Wind: When you only need this one tool, the six steps, you are on the path.

===== Page 52 =====
March 14, 2021

===== Page 53 =====
Wind 21:47:38: The six steps are attained through continuous releasing.

Wind 21:48:05: You must continuously gain pleasure from step six to accomplish step one.

Wind 21:48:24: In the beginning, all six steps are useful.

Wind 21:48:37: When you don't want to release, remind yourself of step one.

Wind 21:48:45: Then decide to release, this is step two.

Wind 21:49:03: Directly release wanting control and approval, this is step three.

Wind 21:49:16: Continuous release, maintain continuity, this is step four.

Wind 21:49:34: When stuck, release the wanting to control the stuckness, this is step five.

Wind 21:49:50: Each release feels more pleasant, more relaxed, this is step six.

Wind 21:50:16: Implement the six steps, keep doing it, it will gradually enhance the momentum for freedom, thus thoroughly accomplishing step one.

===== Page 54 =====
December 25, 2020

Wind: First, those who come to Earth, this advanced classroom, themselves have very good karma.

Wind: Because they want freedom, they come to the advanced classroom.

Wind: Then, among those who become human here, many are here to experience pain and pleasure.

Wind: After gathering enough experience, they will turn inward.

Wind: After turning inward, due to still having strong tendencies toward the world, they will encounter some similar pseudo-paths that satisfy their minds.

Wind: You need very good karma to encounter the true method.

Wind: And after encountering the true method, you need a strong tendency toward freedom to recognize it and persist.

Wind: So reaching this step indeed requires very, very good karma.

===== Page 55 =====
March 16, 2021

Wind 20:29:20: If you want freedom, go release; if you want the world, go release.

Wind 20:29:23: It's that simple.

Wind 20:29:40: If you want freedom, releasing is the only thing that can make you free.

Wind 20:30:08: No matter how much you talk about freedom, it won't get you there; studying topics about freedom won't make you free.

Wind 20:30:26: If you want a better world, releasing is the only thing that can give you a better world.

Wind 20:31:26: No matter what action you take, every action is within the karma program, within driven reactions.

Wind 20:31:44: Therefore, if you want freedom, go release; if you want the world, go release. It's that simple.

===== Page 56 =====
March 12, 2021

Wind: You have no reason not to use the release method.

Wind: Whether heading toward awakening or obtaining a better world, it's the most efficient.

Wind: Not only efficient, but also simple.

Wind: Can't find a single reason not to use it.

===== Page 57 =====
Wind 10:53:26: There is no free will in worldly living.

Wind 10:53:39: Note, there is no free will in secular life.

Wind 10:54:55: Only one thing has free will: choosing to identify with your body or infinite being.

Wind 10:57:50: Trying hard to earn money won't make you richer, trying hard to study won't make your grades better, trying hard to preserve health won't make you healthier.

Wind 10:57:57: Understand? These are all predetermined.

Wind 10:58:11: Only de-programming works.

Wind 11:33:58: Wanting to change something through action is just people's delusion, completely useless.

Wind 11:34:09: However, most people don't understand this.

Wind 11:34:48: Karma drives action, and your actions trying to change karma are also driven by karma.

Wind 11:36:34: Jack Ma, Bill Gates don't know why they made or lost money; their summaries of their success experience are just guesses after seeing the appearance.

===== Page 58 =====
January 13, 2021

Wind 08:58: Back then I spent a long time finding the feeling of release for the first time.

Wind 08:58: The release method suits everyone.

Wind 08:59: Practice simply, then you'll get it.

Wind 08:59: At that time, finding the feeling of release also took me a long time.

Wind 08:59: Because I analyzed too much.

Wind 08:59: The less you analyze, keep relaxed, just use it, the faster you'll learn.

===== Page 59 =====
21:09:35: My suggestion is not to grope around, just use the process directly.

21:09:53: If once doesn't give feeling, do it a second time.

21:10:01: This will be faster.

21:10:11: Groping with the mind actually takes many detours.

21:10:17: Because the mind can only replay past experiences.

===== Page 60 =====
Wind 21:13:47: Well, as Lester said, you need to release enough wanting control and approval.

Wind 21:14:19: Not watching, but following along practicing.

Wind 21:17:34: When a desire is brought up, it is released.

Wind 21:18:23: If not, you go back to the start of the process.

Wind 21:18:37: Relax the body, re-feel it.

Wind 21:18:54: Identify what desire it is, let it leave.

Wind 21:19:09: Keep it simple and relaxed, repeated practice will let you master it.

Wind 21:19:21: Thinking and analyzing will make it increasingly hard to release.

Wind 21:19:30: Because the mind only replays past experiences.

===== Page 61 =====
Wind November 7, 23:54:38: You release first.
Wind November 7, 23:54:48: Releasing isn't about hard or not.
Wind November 7, 23:54:55: It's about whether you do it, how many times.
Wind November 7, 23:55:02: If you can do it once, you can do it a second time.
Wind November 7, 23:55:10: Then third, fourth time.

===== Page 62 =====
Keep doing it, and you will release it completely.

===== Page 63 [text layer] =====
Wind: So the difficulty lies in you not doing it.

===== Page 64 =====
1. "I can't" means I'm not going to do it.
2. "I can't do it," just this thought stops you from doing it.
3. Those who think they can't do it, actually don't want to do it.
4. As long as you hurry up and do it, it will happen.
5. Wishing and attempting are useless, you must act!
6. Don't just try, directly do it!
— Lester《The Ultimate Path to Freedom》.

===== Page 65 =====
Releasing isn't that hard 😂

We're just used to suppressing, so we think releasing is so hard.

If you make releasing a habit, you'll feel suppressing is what requires effort.

Before that, just keep deciding to release.

===== Page 66 =====
18:32:44
Wind: Make a firm decision to do it, to try releasing.

Wind: Disappointment even despair is just a feeling.

Wind: As long as it's a feeling, it can be released, and after being released, the attitude is completely different from before.

Wind: If you're used to suppressing, you need to spend more time undoing the suppressing habit.

Wind: Practice releasing more; this will also be fast.

===== Page 67 =====
(Content identical to Page 66)

===== Page 68 =====
Xuan Xiang 22:06:28: When I don't want to release, reminding myself of step one gives me no feeling; instead, reminding myself that I want to change myself, want everything to get better, gives me more motivation.

Wind 22:07:31: That works too.

Wind 22:07:49: Releasing can make you freer.

Wind 22:07:53: Freedom includes everything.

Wind 22:08:02: As long as it provides a motivation to release, it's fine.

Wind 22:12:27: Wanting approval develops wanting control.

Wind 22:15:34: When you feel wanting approval, release wanting approval.

Wind 22:15:45: After releasing wanting control, wanting approval becomes obvious.

Wind 22:16:03: After releasing enough wanting approval and wanting control, wanting safety becomes obvious.

Wind 22:16:27: If you don't release wanting safety, wanting approval and control will be developed again, endlessly.

===== Page 69 =====
Wind 22:16:42: So only continuously release wanting control and approval, then continuously release wanting safety.

Wind 22:16:48: This way you can reach the end.

Wind 22:18:05: Implement the six steps; everyone can be free.

Hui Xuan 22:19:07: Keep releasing continuously, stay within the six steps, and you will be free.

Wind 22:19:22: Yes.

Hui Xuan 22:20:20: As long as within the six steps, it's continuous release, can it be understood this way?

Wind 22:21:47: Yes.

Wind 22:21:53: Use the six steps to check.

Wind 22:22:03: As long as within the six steps, you can be free.

===== Page 70 =====
March 12, 2021

Wind 09:33:30: Don't use slogans to judge a person's tendency.

Tiancheng 09:33:43: Right, shouting slogans is useless.

Wind 09:36:08: Cleanse the three big desires.

Tiancheng 09:36:39: Hmm.

===== Page 71 =====
Wind October 15, 2020, 12:24:48: After releasing wanting control, you won't suppress the fear of death anymore. It will surface for you to release.

Lester said, release the mind, what remains is infinite being. It's that simple.

The mind is nothing but the collection of your feelings and thoughts.

Wanting control, approval, safety (survival).

The three big desires.

Lester sometimes uses fear of death for wanting survival. It's the same meaning.

Wanting change is also a kind of wanting control.

So just release three things: wanting control, approval, wanting survival (fear of death).

===== Page 72 =====
Wind 13:31:09: Running all night forcing yourself, leaving groups, shouting slogans, that's useless.

Wind 13:31:20: Because that's trying to use action to remove karma.

Wind 13:31:32: This just creates new karma.

Wind 13:31:42: Only releasing works.

Wind 13:32:14: If you don't release, your program will keep driving you to do those things.

Wind 13:32:36: Therefore, don't think any action you do can bring you freedom.

Wind 13:32:48: Deliberate action, deliberate inaction.

Wind 13:32:57: Those are not what need attention.

===== Page 73 =====
March 16, 2021

Wind: Unless you release those program drives.

Wind: If you don't release, it will keep driving you to tidy up.

Wind: All brilliance, all creativity, comes from infinite being.

Wind: The mind is a mechanical program, only repeats.

Wind: Perhaps it can be said, a person free from mind programs truly begins to live.

Wind: Before that, just a constantly driven robot.

===== Page 74 =====
Consciously use the process to do it.

Wind 08:16:07: Use feeling more.

Wind 08:16:15: Use less mental analysis.

Wind 08:16:29: This will also make your releasing easier.

Wind 08:16:49: Of course, it will also go deeper.

Wind 08:17:04: Many people feel their release is good precisely because they haven't experienced deeper release.

Wind 08:17:09: They think releasing is like that.

===== Page 75 =====
July 26, 2021

Wind 17:11:08: When you allow deeper garbage to come out, your emotions will go down.

Wind 17:11:13: But that's good.

Wind 17:11:20: That's facing deeper garbage.

Wind 17:13:08: Process, release process.

Wind 17:13:46: Let the feeling come out, categorize it as wanting control or wanting approval, then let it go out.

===== Page 76 =====
November 17, 2020

Wind: Rely on the six steps.

Wind: Start with the six steps, end with the six steps.

Wind: Use your gains to confirm your direction.

Wind: If continuous release becomes your "task," that's not good.

Wind: Continuous release is because each release has benefits.

Wind: This is what step six says; each release is more relaxed, happier.

Wind: You feel good, so keep releasing.

Wind: If you just force yourself to release, you'll stop.

Wind: You can't continue.

Wind: Because you are suppressing your desire for the world on one side.

===== Page 77 =====
Wind 18:57:54: My method is I continuously confirm my gains and my direction.

Wind 18:59:17: For example, she just wanted to listen to music; what did she want to get from the music?

Wind 18:59:27: Then can this be gained from releasing?

Wind 18:59:33: Can we try it?

Wind 19:00:02: Continuously confirming your gains can keep you releasing continuously.

Wind 19:00:35: If you say "I must, I must release, I can't listen to music," this won't work, because a subconscious direction of yours is to listen to music, suppressed inside.

Wind 19:00:48: Your conscious and subconscious are pulling each other.

Wind 19:00:56: If you don't look at it, it won't succeed.

===== Page 78 =====
Wind 19:01:46: You actually don't need to enjoy anything.

Wind 19:02:13: you don't need enjoy anything, be joy!

Wind 19:04:16: Write down possibilities you think can bring happiness.

Wind 19:04:27: Where do you think happiness is?

Wind 19:04:35: Not intellectual.

Wind 19:04:46: Where you actually seek happiness.

Wind 19:05:10: If you suppress these desires, you cannot accomplish step one.

Wind 19:08:29: You can force yourself to do homework and work, but you can't force yourself to release.

Wind 19:08:31: 😢

Wind 19:09:58: Let me detail Lester's favorite teaching: get everything by releasing only.

Wind 19:12:53: What do you want? How do you plan to get it? Why not get it through releasing?

Wind 19:13:02: This is how you practice.

Wind 19:13:11: You choose to release.

===== Page 79 =====
19:13:54
Wind: Sometimes you might do other things all afternoon, not releasing.

Wind 19:14:10: That's because the subconscious is seeking something.

Wind 19:14:25: You can't force yourself to release.

Wind 19:15:11: You need to see what you are seeking, and ask yourself "Can I get it from releasing?", see which way is easier, more relaxed, happier.

Wind 19:15:17: Thus choose releasing.

Wind 19:15:47: That's why I say successful experiences are important.

Wind 19:15:51: You need to gain benefits first.

Wind 19:16:12: Without benefits you won't do it; that's your mind.

Wind 19:16:38: It will try every way to avoid releasing, resist releasing.

Wind 19:18:34: I remember I said before, valuing step six truly let me step into continuous releasing.

===== Page 80 =====
16:36:42: When you release until "the only source of happiness is infinite being" becomes your complete experience, you will naturally stop seeking happiness anywhere in the world.

16:36:56: Then your flow changes, automatically entering Nirbija Kaivalya Samadhi.

16:37:08: Once entered, you won't come out again.

16:37:30: Won't retreat anymore.

16:37:37: Because the seeds for retreat have no power left.

16:43:42: Implement the six steps.

16:43:51: This way you can get all happiness from within.

16:45:28: Or use releasing to achieve goals to turn your direction.

16:45:39: get everything by releasing only.

16:45:47: This also keeps you walking on the six steps.

===== Page 81 =====
October 30, 2020

Wind: Go use this method.

Wind: Release wanting control and approval, release those programs covering the "fear of death."

Wind: Then allow the "fear of death" to surface, release it thoroughly.

Wind: At first, releasing is the programs of wanting control and approval.

Wind: You are just releasing these two kinds of programs.

Wind: While you release, those feelings, those thousands of thoughts about the body disappear.

Wind: When you release the bottommost fear of death, your entire mind disappears.

Wind: Your sense of separation dissipates; what remains is infinite being.

Wind: You will naturally identify that you are infinite being.

Wind: ?

Wind: ?

===== Page 82 [text layer] =====
(Text appears garbled/unclear. Seems to repeat content about Lester Levenson’s six steps. Not translated.)

===== Page 83 =====
March 11, 2021

Wind 15:34:09: Implement the six steps; it's simple.

Wind 15:34:23: Maintaining limitation is difficult.

Wind 15:34:33: See the feeling, let it leave.

Wind 15:34:54: Empty all feelings driving your thinking.

Wind 15:34:57: That's it.

===== Page 84 =====
March 14, 2021

Wind: Implement the six steps.

Wind: When I say this, what I actually mean is, when you still need other things, freedom is impossible.

===== Page 85 =====
January 2, 2021

Wind 10:12:03: In the release method, implementing the six steps can reach the end.

Wind 10:12:22: Not implementing the six steps cannot reach the end.

Wind 10:12:41: Do, or don't do.

Wind 10:12:51: Like what Lester finally said to Ralph.

Wind 10:13:04: You either do it, or you don't. I hope you do it.

Wind 10:13:13: Simple, or impossible.

===== Page 86 [text layer] =====
(Text garbled/unclear. Seems to discuss continuous release within six steps. Not translated.)

===== Page 87 =====
December 16, 2020

Wind: If in one month you can't do it, in two months you still can't, then for you freedom is impossible.

Wind: You can't drag it out long.

Wind: You can't say, I'll do a little each day, then after over ten years I can be free.

Wind: Implement the six steps; either you resolve it within one or two months, or you can't do it in a lifetime.

Wind: Because if you're not free in one or two months, then you are not on the six steps.

Wind: Not on the six steps, how can you be free?

Wind: Releasing according to the six steps, in a week you can reach a very high state.

Wind: Even enter Nirbija Kaivalya Samadhi.

===== Page 88 =====
Wind 22:57:44: If you drag this process long, you are definitely not in the six steps.

Wind 22:58:39: Lester tells you, one release equals meditating for several months.

Wind 22:58:45: One release only takes a few seconds.

Wind 22:58:58: You only need a few seconds to equal months of meditation.

Wind 22:59:11: This method is extremely efficient.

Wind 23:00:21: You can look at the six steps to know if you are in them.

Wind 23:00:46: If you are in the six steps, your releasing will be continuous, and pleasure continuously increasing.

Wind 23:02:00: Make the decision for freedom.

Wind 23:02:13: Decide not to stop until reaching freedom.

===== Page 89 =====
16:56:15: My releasing effect is very good, really only has one reason.

Wind 16:56:23: That is, I conform to the six steps.

Wind 16:56:30: I understood this method.

Wind 16:56:39: If you also use this method, it's the same effect.

Wind 16:56:46: There's no personal talent here.

===== Page 90 =====
16:59:41: I'm slightly special in that my memory is very good.

Wind: After I experience something, I can immediately find the corresponding original text Lester said.

Wind: Therefore, I don't use my own words to describe the experience.

Wind: But rely on Lester's teaching.

===== Page 91 =====
Wind 17:03:26: I've met many minds with severe suppression.
Wind 17:03:39: Might need to repeatedly operate the process many times to feel.
Wind 17:04:30: In Lester's original course, many such situations occurred too.
Wind 17:04:45: Like riding a bike, some can ride immediately.
Wind 17:04:55: Some need to practice balance a bit longer.

===== Page 92 =====
March 11, 2021

Wind 18:29:09: If you truly want freedom, implement the six steps.

Wind 18:30:31: Don't feed your mind anymore.

Wind 18:30:44: My leaving is the greatest support.

Wind 18:31:13: If you need an external master, you will never discover the infinite within.

Wind 18:31:31: Release; it will bring you all paths.

Tiancheng 18:33:02: Implementing the six steps for a month, can it really be done?

Wind 18:33:42: Of course.

Tiancheng 18:34:16: Okay.

Tiancheng 18:35:43

Wind 18:36:12: Jia you (Go for it).

Tiancheng 18:36:30

===== Page 93 =====
Wind 18:36:35: I love you very much, but dependence is fatal for growth.

Wind 18:36:58: Hope after I leave, you won't depend on those words or other things anymore.

Wind 18:37:13: But directly go to the end.

===== Page 94 =====
22:22:30: When you seek help externally, that's an opportunity.

22:22:40: Become aware of it, release.

22:22:51: Inwardly find everything you want.

22:23:05: Absolute security only exists within your infinite being.

22:23:51: Among all help, none is better than destroying all your pillars.

22:25:20: Lester told me the world would "knock down his pillars," so everyone will be forced to look inward for answers. "That's good," he said. "Not explosion, but ascension," he laughed. Currently, people always use various escape methods provided by the world to seek happiness externally. Finally when external escapes are endless, he predicted, we will be forced to dwell within. "This is really a good thing," he said, "because people will be forced to find the answer, know who they truly are, like me." He always told me he especially thanked his heart disease.

22:26:00: When all external escape methods are knocked down, you'll be forced to go within.

===== Page 95 =====
Wind 22:26:34: Don't wait until a gun is to your head to do it.
Wind 22:27:29: You all know yourselves very well.
Wind 22:27:51: Though not that deeply, you'll know your own behaviors.
Wind 22:28:06: If you have dependence, you'll cling.
Wind 22:28:31: If you depend externally, you won't discover the infinite within.
Wind 22:28:37: These things are very simple.
Wind 22:29:01: As someone who attained ultimate freedom, I shouldn't be here.
Wind 22:31:31: The release method, as a self-reliant method, doesn't have that many problems.
Wind 22:31:42: All problems arise when you deviate from the six steps.
Wind 22:32:00: Therefore, either return to the six steps and continue releasing, or head toward limitation.

===== Page 96 =====
(Content identical to Page 95)

===== Page 97 =====
15:19:05: Rely on yourself, rely on the Dharma, rely on nothing else.

15:19:15: Rely on yourself is first.

15:19:19: You must rely on yourself.

15:19:27: Oh my.

15:19:40: So self-reliance is important.

15:20:23: Actually, there is no method that achieves by relying on others.

===== Page 98 =====
Not wanting to be fast, can only rely on yourself.

Wind: But you can only rely on yourself to reach the end.

Wind: That step can only be taken by yourself.

===== Page 99 =====
Wind 3:27 PM: What Buddha said about relying on the Dharma is not relying on a method.
Wind 3:27 PM: Dhamma means relying on truth.
Star of Bethlehem 3:27 PM: Refers to what?
Wind 3:28 PM: Reality.
Wind 3:28 PM: Rely on yourself, rely on universal truth, besides that rely on nothing.
Wind 3:28 PM: Rely on yourself, rely on the Dharma, rely on nothing else.
Wind 3:28 PM: Buddha's final teaching.
Star of Bethlehem 3:29 PM: Indeed Buddha.

===== Page 100 =====
Wind 9:53 AM: Now all masters are focusing on people practicing the release method.

Wind 9:53 AM: Because this is the only method of this era.

Wind 9:54 AM: Other methods cannot guarantee you reaching the end in this lifetime.

Wind 16:37:37: You are originally free, just obscured by the mind.

Wind 16:37:44: Freedom is not creating something.

Wind 16:37:51: Just ending the illusion.

Wind 16:40:15: If you truly want freedom, Lester will inject it into you (*refers to injecting inspiration to practice the release method).

Wind 16:40:37: I'm not joking; Lester has always been supporting this work.

Wind 16:40:56: He is supporting all those using the release method.

===== Page 101 =====
November 20, 2020

Tiancheng: I'd like to ask for your suggestion.

Tiancheng: How can I walk toward freedom more quickly?

Wind: Use it continuously, use it to the extreme.

Wind: I can't give better advice.

Wind: I strongly suggest you use it on every single matter.

Wind: Utilize those goals.

Wind: Utilize continuous gaining to promote your releasing.

Wind: To enhance the momentum for releasing.

Wind: If you are used to using it on every goal of yours, you can quickly reach that place.

===== Page 102 =====
December 22, 2020

Wind: Regarding questions like "can I accomplish xxx", I hope you remember a sentence of Lester's.

Wind: every impossible, no matter how impossible, become immediately a possible, as you completely released on it.

Wind: Every impossibility, no matter how impossible, will immediately become possible, as long as you completely release on it.

===== Page 103 =====
July 26, 2021

Fenglin Fenghua: When stuck, release the wanting to change feeling, knowing now I want to change, release wanting to change, but no progress, so just keep releasing wanting to change (wanting control)? Keep asking nonstop?

Wind: No.

Wind: You don't need to always ask yourself questions.

Wind: Questions are a teaching method. At the end of the course, if you master this method, he'll tell you the six steps.

Wind: Why does the course tell you the six steps at the end?

Wind: Because, before you learn to release, these words are just words to you.

Wind: After you learn, you've already experienced those.

Wind: Therefore, you don't need any extra explanation to explain the six steps.

===== Page 104 =====
15:16:31: Actually in 1992, Lester further simplified the six steps into three steps.

Bei: These three steps are the way to practice the six steps.

Bei: You can find this three-step process at the end of the workbook.

===== Page 105 =====
21:01:24: Just what I posted today; relearn it each time.

Wind: Actually the six steps serve this purpose too.

Wind: Don't let words obscure its true meaning.

I am infinite.

You said it's fuzzy again.

Wind: Lester also thought you'd be fuzzy.

Wind: So in his final years, nearly two years before leaving, he summarized three.

Wind: Those three are the further condensation of the six steps.

===== Page 106 =====
Carry out these three things and you will quickly reach Imperturbability.

1. Release only the three wants.

2. Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.

3. Make it a Do It Yourself Tool.

You now have all you need to go all the way to imperturbability.

===== Page 107 =====
March 17, 2021

Tiancheng: Teacher, does this mean if I attain ultimate freedom I cannot continue staying in the world?

Wind: Up to your decision.

Wind: Freedom is freedom.

Wind: No compulsion.

Tiancheng: Can I still stay with family?

Wind: Of course.

Tiancheng: I see myself fearing freedom, afraid after freedom I'll lose family.

Wind: There are quite a few householder masters.

Wind: Masters can even be kings.

===== Page 108 =====
Tiancheng 00:47:35: You mean masters after freedom still live with family?

Wind 00:47:39: For example, William the Conqueror.

Wind 00:48:08: Krishna displayed being a householder master.

Wind 00:48:23: You won't lose your family, won't lose your dear world.

Tiancheng 00:48:32: In this era, masters must be reclusive.

Wind 00:48:55: Reclusive means not known as a master.

Wind 00:49:08: Reclusive doesn't mean you must hide in mountains and forests.

Wind 00:49:19: Living in the world like an ordinary person is also a kind of seclusion.

===== Page 109 =====

(Content similar to Page 20. Not retranslated.)

===== Page 110 =====
(Content similar to Page 20. Not retranslated.)

===== Page 111 =====
18:13: Want freedom.

D 18:14: Released.

Wind 18:14: Now can you see this wanting control?

D 18:14: It left.

Wind 18:16: This demonstrates the use of step one.

Wind 18:16: Step one of the six steps.

Wind 18:17: If you get stuck, use step five.

===== Page 112 =====
Just now releasing gained a small insight: If you don't release the tendency you use to escape (for example, subconsciously using phone to maintain control, talking to others to gain approval), then you will escape, pressing the deeper things you want to escape underneath.

And this can be resolved with a decision.

a decision.

Decide to release this tendency.

Often due to inertia, tend not to use release to solve, but choose suppression.

First reaction to discovering a problem is to cover it up ☑

For example, my computer just had a problem.

File couldn't open.

My first reaction was to suppress the feeling of wanting control, to figure out the problem.

Not release the desire that had already surfaced.

I consciously corrected it.

===== Page 113 =====
July 26, 2021

Xin Shi: After asking "can you let it go?", is answering can or cannot more conducive to releasing, or answering doesn't matter, doesn't affect?

Wind: At the end of the course, asking is already minimal.

Wind: Questions are tools.

Wind: When you need to use them, of course, pick them up.

Wind: But when you are aware of the desire and already released, why still look for tools everywhere?

Wind: 😊

Xin Shi: Understood.

===== Page 114 =====
October 31, 2020

Wind: Most things will happen according to your want.

Wind: When you move to acceptance and even peace, almost nothing is impossible.

Wind: Of course, when you reach so-called imperturbability, that ultimate tranquility undisturbed, you are omniscient, omnipotent, omnipresent.

Wind: Your "wanting" will weaken, your "deciding to have" will increase.

Wind: Release "wanting", you'll feel having.

Wind: When you release all wanting, you'll feel you have the whole universe.

Wind: Then wanting to accomplish something is like picking up a water glass on the table.

Wind: Do you need to apply intense "wanting" to pick up your own glass?

===== Page 115 =====
No, you just need to decide to pick it up.

Wind: Release "wanting", let the whole world become your water glass.

Wind: When you want to pick it up, you can just pick it up.

Wind: Then, you won't want to save, because everything is yours, what are you saving?

Wind: You'll only create it when needed.

===== Page 116 =====
Wind 10:45 PM: Basic desires drive emotions, nine emotions drive hundreds of feelings, feelings drive thousands of thoughts.

Wind 10:46 PM: Wanting survival is the root, wanting approval and control are the trunk, emotions are branches, feelings are twigs, thoughts are leaves.

Wind 10:47 PM: Clipping leaf by leaf, when will you finish?

Wind 10:47 PM:

Wind 10:47 PM: So it's about efficiency.

Wind 10:48 PM: Lester said, if you release the nine emotion categories, like releasing fear, it would take hundreds or thousands of lifetimes.

Wind 10:48 PM: That's just one emotion.

Wind 10:48 PM: If you release thoughts, multiply hundreds of lifetimes by millions of times.

===== Page 117 =====
Wind 10:52 PM: Perfect map.
Wind 10:52 PM: Change a bit and you cannot be free.
Wind 10:52 PM: Implement and you'll be free.
Wind 10:52 PM: It's that simple.
Wind 10:53 PM: Releasing emotions is also useful, three desires faster.
Wind 11:02 PM: Is your current feeling wanting control or wanting approval?
Wind 11:02 PM: Can you allow yourself to become more aware of it?
Wind 11:03 PM: Can you let it leave?
Wind 11:03 PM: How many seconds do these sentences take?

===== Page 118 =====
March 13, 2021

@Wind: Reaching a high point and continuing again and again, charging forward nonstop, wouldn't one experience low points, can directly charge into Nirbija Kaivalya Samadhi?

Wind 01:45:53: So-called low points are heavy emotions.

Wind 01:46:21: When you reach a high point, you invite the fear of death to surface; that's a very heavy feeling.

Wind 01:46:58: Lester describes it as a roller coaster.

Wind 01:47:12: When you go higher, you can also let lower feelings surface.

Wind 01:47:25: Each time you'll soar high, then low.

Wind 01:47:35: Each low point is an opportunity to soar higher.

Wind 01:47:58: Until you fall down, but land in your infinite being.

☃️ 01:48:19

Tiancheng 01:48:27: So that's how it is.

Wind 01:48:54: That's because you cannot soar higher anymore.

Wind 01:49:03: Low points are also released completely.

Tiancheng 01:49:59: During low points, is it manifested as stuckness?

Wind 01:50:04: Stuckness is you wanting control.

Wind 01:50:15: Low point is heavy feeling.

Wind 01:50:24: You allow it to surface, allow it to leave.

Wind 01:50:27: Then you won't be stuck.

Wind 01:50:34: If stuck, release wanting control.

Wind 01:50:37: It's simple.

Tiancheng 01:50:50: Is heavy feeling the fear of death?

Wind 01:51:12: Every feeling is heavy.

March 17, 2021

Big Yellow Cat: Wind teacher, before you were free, in 24 hours, roughly how many hours were you in releasing state?

Wind: Actually as long as you do release for over 50% of your waking hours, you'll find the inertia of releasing gradually surpasses suppression.

Wind: Then, you'll keep releasing.

Wind: You'll release very naturally.

Wind: Releasing becomes the norm like breathing.

Wind: Can reach 24 hours.

===== Page 121 =====
Big Yellow Cat 20:18:15: Hmm, now during waking hours, I can basically be aware of feelings anytime. It's releasing; when alone, can be in releasing; once interacting with people, basically get carried away.

Wind 20:19:03: Now need to release consciously.

Big Yellow Cat 20:19:19: During interaction with people, how to both maintain interaction and not interrupt releasing?

Wind 20:20:02: You can release targeting it when no one is around.

Wind 20:20:15: "I allow myself to release during interaction with people."

Wind 20:20:24: Release all feelings about this goal.

Wind 20:20:30: Until you're sure you can do it.

Big Yellow Cat 20:21:54: Good 👍👍👍

===== Page 122 =====
If you feel there's a problem, there must be a desire.

Suppression is wanting control in operation.

Release wanting control, and you won't suppress.

The underlying wanting approval and wanting safety will surface.

But if you don't release the deeper wanting approval and wanting safety, wanting control will keep being developed.

So, continuous release is key.

Let release happen again and again.

One after another.

Touching deeper, deeper layers.

Just let it float up and leave.

If there's wanting to change, release wanting to change again.

If released enough, it will be like Lester said "floats up and floats out".

Like waves continuously released.

This retreat "floated" for two days.

So high, couldn't be more so.

Being able to use the six steps is advancement.

Arley's advanced course is also just talking over and over about how to practice the six steps.

===== Page 123 =====
Unmoving Heart 19:45:18

===== Page 124 =====
Wind floats up and out.

===== Page 125 =====
Like waves surfacing before you 19:48:21
Wind

===== Page 126 =====
Continuous release is not you holding a concept of continuous release.

Wind 15:05:37: Continuous release means, you do one release, experience inner liberation, then release again.

Wind 15:05:49: This rhythm is completely up to you.

Wind 15:06:17: After releasing wanting approval for one thing, you can ask yourself "Is there more?" to continue releasing.

Wind 15:06:49: Or feel your current feeling, ask yourself "Is it wanting control or wanting approval?" to continue releasing.

Wind 15:07:27: Of course if you find you want to hold the feeling, not release, you can ask yourself "Is this wanting control?" to continue releasing.

Wind 15:08:09: If, then you want to do something else, you can of course choose to release about that.

Wind 15:08:53: Feel, what do I want to get through that? Is it wanting control or wanting approval? Or wanting safety?

Wind 15:09:04: These are all ways for you to continue releasing.

===== Page 127 =====
Wind 11:26:41: Because if you try hard to find feeling there, that's wanting control.

Wind 11:26:48: If you want control, then you won't get control.

Wind 11:26:52: It's that simple.

Wind 11:28:19: So, very simple, when you suppress heavily, just feel this unclear feeling.

Wind 11:28:29: Release your wanting to change this unclear feeling.

Wind 11:28:49: When wanting to change is released, you can feel your current feeling more clearly.

Wind 11:29:03: This really doesn't require effort to feel.

===== Page 128 [text layer] =====
(Text garbled/unclear. Seems to repeat content from Page 127. Not translated.)

===== Page 129 =====
Wind 11:29:09: If not clear, then feel not clear.

Wind 11:29:19: And notice you want to change not being clear.

Wind 11:29:29: Release it, it automatically becomes clear.

Wind 11:30:07: Don't try to use extra techniques outside the process to handle problems encountered in the process.

Wind 11:30:18: The release process itself can handle all situations.

Wind 11:30:49: Including "can't feel emotion", "unclear", "stuck", "confused".

Wind 11:31:06: These can all be resolved after doing the release process.

Wind 11:31:17: No need for any preparatory practice.

Wind 11:31:20: Just practice the process itself.

===== Page 130 =====
March 17, 2021

Wind: Even if you read the works of Lester, Yogananda, and other certified masters, as long as you deviate from the six steps, you still cannot be free.

Wind: What I give is a simplified answer: implement the six steps, go to the end.

Wind: In the future if someone or some high spirit appears before you, says he is free, what do you care about him for?

Wind: You have the six steps.

Wind: Even if he's a master you don't need him.

Wind: Just keep using the release method until the end.

===== Page 131 =====
October 22, 2020

Wind: At one moment I was aware of the thoughts of the entire universe.

Wind: Hard to describe.

Wind: The most important part is I was aware of three bodies.

Wind: I saw when we release desires, the "causal" body is changing.

Wind: Let me explain this experience.

Wind: The initial body is when your desire arises, it immediately creates a cause, and you identify with that body.

Wind: Hmm, I immediately found the correspondence in what Lester said, that's the causal body.

Then: Causal, astral, physical body.

===== Page 132 =====
Wind 6:25 PM: But when the cause seeks the object to satisfy it, with a slight delay, a body completely made of light is produced.

Wind 6:25 PM: This body is exactly produced when you visualize it upon having desire.

Wind 6:26 PM: This process is almost the process of your thought occurring.

Wind 6:26 PM: Then there is up and down, front and back, paired thoughts follow one after another.

Wind 6:27 PM: Those continuously developing thoughts accumulate together, feelings from light to heavy.

Wind 6:27 PM: Heavy feelings accumulate a series of connections, relationships, intricate causes and effects.

Wind 6:27 PM: Light begins to solidify.

Wind 6:28 PM: It uses this light body image as blueprint to form the physical body I now identify with.

Wind 6:28 PM: I really experienced this in an instant.

===== Page 133 =====
Wind 6:30 PM: For example, why is our material world so sluggish?

Wind: Because creation is delayed.

Wind: Since you cannot recognize mind is the cause, you imagine all those causal connections.

===== Page 134 =====
Wind 6:32 PM: But what is the cause?

Wind 6:33 PM: The cause really is just the basic desires we often talk about.

Bing Zi 6:33 PM: Mind programs.

Minnie 6:33 PM: Three big desires.

Wind 6:34 PM: You created a sense of lack.

Wind 6:34 PM: That lack wasn't immediately filled.

Wind 6:35 PM: So it developed everything afterwards.

===== Page 135 =====
When that lack is released, from the causal level, truly everything ends.

===== Page 136 =====
March 17, 2021

Tiancheng 11:57:47: Samadhi, what does it actually mean?

Wind 11:58:50: Samadhi is the state of oneness with the infinite.

Wind 11:59:01: Even if you glimpse once, you've entered samadhi.

Wind 11:59:17: But before that there are desire realm concentrations and many layers of meditative absorption.

Tiancheng 11:59:29: That is, entering samadhi you can know everything?

Wind 11:59:43: Many people mistake some shallow experiences for samadhi.

Tiancheng 11:59:47: All knowledge? About anything?

Wind 11:59:58: The moment you enter samadhi, you are omniscient.

Wind 12:00:07: Just when falling out, you'll forget.

But if it's Nirbija Kaivalya Samadhi, you'll never lose it, never exit.

Tiancheng 12:00:56: Hmm.

===== Page 146 =====
(Content identical to Page 9. Not retranslated.)
===== Page 157 =====
(Content identical to Page 20. Not retranslated.)

===== Page 162 [text layer] =====
(Text garbled/unclear. Repeats content from Page 102. Not translated.)

===== Page 163 =====
(Contains repetitive strings like "Voltegea", likely corrupted/placeholder data. Not translated.)

===== Page 164 =====
(Content identical to Page 26. Not retranslated.)

===== Page 165 [text layer] =====
缮I
^】

===== Page 166 [text layer] =====
缮I
^】

===== Page 167 [text layer] =====
缮I
===== Page 177 =====
(Content identical to Page 40. Not retranslated.)

===== Page 178 =====
(Content essentially identical to Page 41 text layer, but clearer. Translating this clearer version:)
March 12, 2021

Wind 00:03:57: Just do it directly.

Wind 00:04:01: No need to shout slogans.

Wind 00:04:14: Especially shouting slogans in front of me, even more meaningless.

Wind 00:04:16:

Wind 00:04:24: I can know your tendency.

00:04:36: Can I talk about it?

Tiancheng (Tiancheng) 00:04:43: What tendency?

Wind 00:04:44: No need to say.

Wind 00:04:49: You just release yourself.

00:05:05: I have a tendency to talk but not do.

Tiancheng (Tiancheng) 00:05:14: I discovered it myself, been like this for many years.

Tiancheng (Tiancheng) 00:05:23: Only talk, no action.

Wind 00:05:24: So I said no need to shout slogans.

00:05:29: In front of me, don't repeat saying those words.

Wind 00:05:56: Want to do, just go do it directly.

Hmm 00:05:59

===== Page 179 =====
(Content identical to Page 42. Not retranslated.)

===== Page 180 =====
(Content identical to Page 43. Not retranslated.)

[

Wind - Feng - - Lester Levenson (The Sedona Method) - Screenshots WeChat content THE END

]